

05 FEB 1993

DAILY CCU ROUTINE

SUNDAY/HOLIDAYS

0500 REVEILLE/HEAVE OUT/STOW GEAR/MAKE RACKS/COUNT
0515 PREPARE FOR P.T.
0520 COMMENCE P.T.
0600 SECURE P.T./SHOWER CALL/SHIFT INTO WORKING UNIFORM
0630 CLAMP DOWN BERTHING AREAS & HEAD
0655 COMMENCE SMOKE BREAK
0705 SECURE SMOKE BREAK/MEDICATION CALL
0710 BREAKFAST/MARCH TO GALLEY
0745 SECURE BREAKFAST/MARCH TO CCU
0750 FALL OUT FOR COLORS
0755 FIRST CALL TO COLORS
0800 COLORS
0805 COMMENCE SMOKE BREAK
0815 SECURE SMOKE BREAK/PERSONAL GOAL SETTING (SELF-
REFLECTION/WRITE GOALS)
0845 SECURE FROM PERSONAL GOAL SETTING/PREPARE FOR CHURCH
CALL. THOSE NOT ATTENDING CHURCH CONTINUE PERSONAL
GOAL SETTING.
0900 CATHOLIC CHURCH CALL/DRESS UNIFORM/MARCH TO CHAPEL
0915 CATHOLIC MASS
1000 COMMENCE SMOKE BREAK
1010 SECURE SMOKE BREAK
1015 PROTESTANT CHURCH CALL/DRESS UNIFORM/MARCH TO CHAPEL
1030 PROTESTANT DIVINE SERVICES
1200 MEDICATION CALL
1205 COUNT/LUNCH/MARCH TO GALLEY
1250 SECURE LUNCH/MARCH TO CCU/COUNT/COMMENCE SMOKE BREAK
1300 SECURE SMOKE BREAK/VISITORS CALL/ORGANIZED SPORTS FOR
THOSE NOT RECEIVING VISITORS
1435 COMMENCE SMOKE BREAK
1445 SECURE SMOKE BREAK
1500 SECURE VISITORS CALL
1505 CLOSE ORDER DRILL
1530 SECURE CLOSE ORDER DRILL/COMMENCE MOTIVATIONAL TRAINING
1625 MEDICATION CALL
1630 SECURE MOTIVATIONAL TRAINING/DINNER/MARCH TO GALLEY
1720 SECURE DINNER/MARCH TO CCU/COUNT/COMMENCE SMOKE BREAK
1730 SECURE SMOKE BREAK/COMMENCE GMT/NEWS CALL
1900 SECURE GMT/NEWS CALL/COMMENCE COUNSELORS
CALL/DIRECTED SELF STUDY/IN-RATE TRAINING/THOSE EARNING
PRIVILEGES MAY HAVE REC CALL

OPNAVINST 1640.7A

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2000	SECURE COUNSELOR TIME
2030	SECURE DIRECTED SELF STUDY/IN-RATE TRAINING/REC CALL
2040	COMMENCE PERSONAL TIME (READING/LETTER WRITING/UNIFORM PREP)/SHOWER CALL/COMMENCE SMOKE BREAK
2115	SECURE SMOKE BREAK
2125	SECURE PERSONAL TIME/PREPARE FOR TAPS/COUNT
2130	TAPS